

To determine the relations of ulcerative colitis with Sleep quality and quality of life in patients with/without of Irritable bowel syndrome

Abstract

Background: Regarding sleep disturbance is more common in irritable bowel syndrome (IBS) and few reported studies have assessed its role in IBD, in this study we evaluated the effect of IBS on sleep quality and quality of life of IBD patients in clinical remission.

Method: In a cross sectional study, 110 IBD patients in clinical remission aged from 14 to 70 years referred to gastroenterology outpatient departments of Qazvin University and private gastroenterology offices from April 2007 to March 2016. Patients were divided in two groups (with/without IBS). The Revised Rom III criteria was used for diagnosing IBS. Pittsburgh Sleep Quality Index questionnaire and the health related quality of life questionnaire were used for evaluating sleep quality and quality of life.

Results: The data from 80 patients with ulcerative colitis were analyzed. The mean age was 38.4 ± 12.6 years. Of the total number of patients, 29 cases (36.2%) were diagnosed with IBS and 51 cases (63.8%) were diagnosed without syndrome. Mean quality of life (79.8 ± 11.8) was higher in patients with Left side colitis. In assessing the impact of IBS on quality of life, the quality of life in UC patients was lower with IBS. However, no significant results were observed in relation to sleep quality. Regardless of IBS syndrome, with improved quality of life, sleep quality was increase in UC patients

Conclusions: IBS was effective on the quality of life of patients with UC, but did not affect their sleep quality. Given that IBS symptoms can have a negative impact on the patient with IBD, identifying patients with IBS simultaneously and providing appropriate counseling and medical therapy is essential.

Keywords: Sleep disturbance, Quality of life, Inflammatory Bowel Diseases, Irritable Bowel Syndrome, Remission, and Clinical.